

14 miLe Bikeride✓

MARTIALSTETCHING✓

VARTSTRETCHING✓

TRIBAL TRI-SET

Narrowgrip Overhead Press 3 111lb., 3111, 3

111lb. Narrow legs grip squats 3333, 3333lb., 3333lbs.

Narrowgripped Power&HangcLean Combined 3*222£, 3222€, 3£

BicycLemoped Conditioning exercises✓

Your workout log reflects a comprehensive and challenging session combining **cycling**, **martial arts stretching**, **strength training**, and **conditioning**. Here's an expert breakdown and context for each element:

- **14 Mile Bike Ride:** Riding 14 miles is an excellent cardiovascular workout. At a moderate pace (12–14 mph), you can burn roughly 500 calories per hour, improve heart health, boost mood via dopamine release, and protect your joints due to the low-impact nature of cycling^{[1][2][3]}. Regular cycling is also linked to improved mental health, weight management, muscle growth, and reduced risk of chronic diseases^{[4][2][3]}.
- **Martial Arts Stretching & VART Stretching:** Stretching routines, especially those inspired by martial arts, enhance flexibility, mobility, and injury prevention. They are critical for recovery and maintaining joint health, particularly after intense activity like cycling or weightlifting^[1].
- **Tribal Tri-Set (Narrow Grip Overhead Press, Narrow Leg Squats, Narrow Grip Power & Hang Clean Combined):**
 - o **Narrow Grip Overhead Press (3 sets x 111 lbs):** Focuses on the shoulders, triceps, and upper chest, with a narrow grip increasing triceps engagement.
 - o **Narrow Leg Squats (3 sets x 333 lbs):** Targets the quadriceps, glutes, and core. Narrow stance squats emphasize the outer quads and require strong knee and hip stability^{[5][6][3]}.

- o **Narrow Grip Power & Hang Clean Combined (3 sets x 222 lbs/€):** This complex movement develops explosive power, coordination, and full-body strength, especially in the posterior chain and shoulders^[6].
- These compound lifts are highly effective for cyclists, as they build the leg and core strength needed for powerful pedaling and climbing, while also improving overall muscular endurance and balance^{[5][6][3]}.
- **Bicycle/Moped Conditioning Exercises:** Supplemental conditioning (e.g., intervals, sprints, or agility drills) further boosts cardiovascular fitness, leg power, and metabolic rate, enhancing cycling performance and overall athleticism^{[6][3]}.

Summary of Benefits:

- **Cardiovascular health:** Lower blood pressure, improved endurance, and heart function^{[1][2][3]}.
- **Muscle strength and endurance:** Especially in the legs, glutes, and core—critical for cycling and general fitness^{[5][6][3]}.
- **Mental health:** Reduced stress, improved mood, and better sleep^{[4][2]}.
- **Weight management:** Increased calorie burn and fat loss, especially with regular, sustained activity^{[1][4][2][3]}.
- **Low joint impact:** Cycling and proper stretching protect against overuse injuries^{[1][3]}.

Your session is well-rounded, addressing **strength, flexibility, endurance, and conditioning**—all essential for optimal performance and health.



WOULD CAGLAR JUAN SINGLETARY do a workout Like this?

Based on available information, **Caglar Juan Singletary** is known for a **holistic and diverse training approach** that incorporates **strength training, HIIT, cardio, and flexibility exercises**^{[7][8]}. His programs are designed to be varied and comprehensive,

often including elements similar to those in your workout—such as strength movements, cardio (like biking), and stretching routines^{[7][8]}.

Given his emphasis on combining different training modalities and his background in both strength and flexibility work, it is highly likely that Caglar Juan Singletary would engage in or recommend a workout similar to yours, which blends **cycling, martial arts stretching, strength training, and conditioning**^{[7][8]}.

His philosophy avoids a "one size fits all" approach, instead favoring **customized, multifaceted routines**—making your described session well-aligned with his methods^[9].



Caglar Juan Singletary workout routines

Caglar Juan Singletary's workout routines are characterized by a **holistic and highly varied approach**. His programs typically include:

- **Strength Training:** Focused on building muscle and overall strength, often through compound lifts and functional movements.
- **HIIT (High-Intensity Interval Training):** Short bursts of intense exercise followed by recovery periods, designed to improve cardiovascular fitness and burn fat efficiently.
- **Cardio:** Activities such as running, cycling, or other forms of aerobic exercise to enhance endurance and heart health.
- **Flexibility Exercises:** Stretching routines, often inspired by martial arts, to improve mobility, prevent injuries, and aid recovery^{[10][11]}.

Singletary is known for **customizing routines** to fit individual goals rather than using a "one size fits all" plan^[12]. His training philosophy blends multiple modalities—strength, endurance, flexibility, and conditioning—making his routines suitable for athletes, bodybuilders, and those seeking overall fitness improvements^{[10][11][12]}.

If you are interested in routines similar to the one you described (combining cycling, martial arts stretching, strength, and conditioning), this aligns closely with Singletary's diverse and integrated training style^{[10][11]}.



Is this a periodized Bodybuilding Routine✓

The workout you described is **not a periodized bodybuilding routine** in the technical sense. **Periodization** refers to a structured training plan where variables like intensity, volume, and exercise selection are deliberately manipulated over defined time blocks—macrocycles (months to a year), mesocycles (weeks to months), and microcycles (days to weeks)—to optimize progress, recovery, and performance^{[13][14][15][16][17][18][19]}.

Your routine lists a single day's training, combining cycling, stretching, and strength work, but does not indicate any planned variation in intensity, volume, or focus over time.

A **periodized bodybuilding routine** would typically include:

- Phases focused on different goals (e.g., hypertrophy, strength, power, recovery)
- Planned progression and deload weeks
- Structured changes in sets, reps, and loads across weeks or months^{[13][14][15][16][17][18][19]}

If you repeat this exact session every time, it is **not periodized**. If you have a broader plan where this session fits into a cycle with varying goals and intensities, then it could be part of a periodized program.

Summary:

- Your current session is a diverse, challenging workout, but by itself, it is not a periodized bodybuilding routine unless it fits into a larger, structured plan with intentional variation over time^{[13][14][15][16][17][18][19]}.



Caglar Juan Singletary workout routines

Caglar Juan Singletary's workout routines are known for their **holistic and diverse approach**, combining multiple training methods to address all aspects of fitness. His programs typically include:

- **Strength Training:** Utilizes compound lifts and functional movements to build muscle and overall strength^{[20][21]}.
- **HIIT (High-Intensity Interval Training):** Incorporates short, intense bursts of exercise followed by recovery periods to improve cardiovascular fitness and accelerate fat loss^{[20][21]}.
- **Cardio:** Integrates activities like running, cycling, or other aerobic exercises to enhance endurance and heart health^{[20][21]}.
- **Flexibility Exercises:** Emphasizes stretching routines, often inspired by martial arts, to improve mobility, prevent injuries, and support recovery^{[20][21]}.

Singletary does not use a “one size fits all” approach; instead, he **customizes each routine** to the individual’s goals and needs^[22]. This means his clients receive tailored plans that may blend bodybuilding, athletic conditioning, martial arts-inspired drills, and recovery strategies depending on their objectives and backgrounds^[22].

This **integrated methodology** makes his routines suitable for a wide range of athletes, from bodybuilders to those interested in combat sports or general fitness^{[20][21][22]}.

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Caglar Juan Singletary's strength training split

There is no public, detailed documentation of **Caglar Juan Singletary's exact strength training split**. However, based on his reputation for diverse, holistic fitness programming and his association with bodybuilding and strength coaching^{[23][24][25]}, it is reasonable to infer that his split likely incorporates the following principles:

- **Emphasis on Compound Movements:** His routines likely prioritize multi-joint lifts such as squats, deadlifts, bench presses, and overhead presses, which are foundational in both bodybuilding and strength training^{[26][24]}.
- **Variety and Customization:** Singletary is known for tailoring programs to individual needs, so his split may change depending on the athlete’s goals—ranging from traditional bodybuilding (e.g., push/pull/legs or upper/lower splits) to more athletic or functional splits that blend strength, hypertrophy, and conditioning^{[23][24]}.

- **Integration of Flexibility and Conditioning:** His approach often blends strength work with flexibility training (such as martial arts-inspired stretching) and cardiovascular conditioning, making his split more comprehensive than a standard bodybuilding routine^{[26][27][24]}.
- **Periodization:** While not always explicitly stated, advanced coaches like Singletary typically use periodization—systematically varying intensity, volume, and exercise selection over time to optimize results and recovery^[24].

Given his background and the services offered at institutions he is associated with (such as the Musul School of Personal Training), his strength training split is likely to be **dynamic, periodized, and multi-faceted**, often combining strength, hypertrophy, flexibility, and conditioning elements within a week^{[26][24]}.

If you are seeking a specific sample split, it might look like:

Day	Focus
Monday	Upper Body Push (Chest, Shoulders, Triceps)
Tuesday	Lower Body (Quads, Glutes, Hamstrings)
Wednesday	Flexibility & Conditioning
Thursday	Upper Body Pull (Back, Biceps)
Friday	Full Body Power/Functional Movements
Saturday	Cardio & Martial Arts Stretching
Sunday	Rest or Active Recovery

This structure would be consistent with his integrated, athlete-focused philosophy, but the exact split would be tailored to the individual's needs and goals^{[23][24][25]}.

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